

What is claimed is:

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1. A sport-specific training and conditioning device for a sport using a hand-held implement having a grip portion, the device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends, and a weight on the second end of the handle, the center of mass of the device is less than about 18 inches from the first end of the handle.
2. The sport-specific training and conditioning device according to claim 1 wherein the center of mass of the device is less than about 13 inches from the first end of the handle.
3. The sport-specific training and conditioning device according to claim 1 wherein the center of mass of the device is less than about 13 inches from the first end of the handle, but past the graspable portion of the handle.
4. The sport-specific training and conditioning device according to claim 1 wherein the weight has a diameter of less than about 4 inches.
5. The sport-specific training and conditioning device according to claim 1 wherein the weight has a length of less than about 4 inches.
6. The sport-specific training and conditioning device according to claim 1 wherein the device weights more than the hand-held implement used in the sport.
7. The sport-specific training and conditioning device according to claim 1 wherein one of the handle and weight includes an externally threaded portion, and wherein the other of the handle and weight includes an internally threaded socket.
8. The sport-specific training and conditioning device according to claim 7 wherein the handle includes an externally threaded portion and the weight includes an internally threaded socket.
9. The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a bat.
10. The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a racket.

11. The sport-specific training and conditioning device according to claim 10 wherein the grip is shaped like the grip portion of a tennis racket.

12. The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a golf club.

13. The sport-specific training and conditioning device according to claim 1 wherein the handle is shaped like the grip portion of a hockey stick.

14. The sport-specific training and conditioning device according to claim 1 wherein the handle is less than about 10 inches long.

15. A sport-specific training and conditioning device for a sport using a hand-held implement having a grip portion, the device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends and being less than about 10 inches long, and a weight on the second end of the handle, the center of mass of the weight being less than about 13 inches from the first end of the handle.

16. The sport-specific training and conditioning device according to claim 15 wherein the center of mass of the device is not located on the handle.

14. A method of training and conditioning for a sport that uses a hand-held implement having a grip portion, the method comprising grasping a device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends, and a weight on the second end of the handle, the center of mass of the device being less than about 13 inches from the first end of the handle, and swinging the device to train and condition the arms.